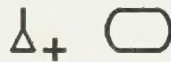


2

Being Sexual: An Illustrated Series On Sexuality and Relationships

A WOMAN'S BODY



By Susan Ludwig and David Hingsburger



Translated into Blissymbols by Claudia Wood

Illustrated by James F. Whittingham

BEING SEXUAL: AN ILLUSTRATED SERIES ON SEXUALITY AND RELATIONSHIPS

This 17-book series provides important sexuality education for young adults and adults. The clear, straightforward text and engaging illustrations are particularly helpful for people with developmental disability, problems with literacy, learning or communication, or anyone who uses Blissymbols. The content, philosophy and ideas expressed are those of the authors. Books were reviewed by SIECCAN Board members who are professionally involved in sex education, counselling and therapy and by consumers, parents and educators.

Blissymbolics Communication International (BCI) co-ordinated Blissymbol translation of major portions of each book in the Being Sexual series using approximately 150 recently-developed symbols for sexuality. Claudia Wood translated all books except for volume 4 on Adolescence which was translated by Ruth Harrington and Jinny Storr.

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The series is co-authored by **Dave Hingsburger**, an author and lecturer who has extensive experience as a counsellor and therapist for people with developmental disabilities, and **Susan Ludwig**, a nurse-educator with the Sexual Health Team, York Region Public Health who specializes in sexuality education for people with developmental disabilities. The authors acknowledge the assistance and support of York Region Public Health during the writing phase of the project, the imaginative input of **Claudia Wood**, and the special contribution of **James F. Whittingham** who created over 1200 drawings to illustrate the series.

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A WOMAN'S BODY

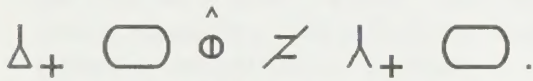
1

Gender

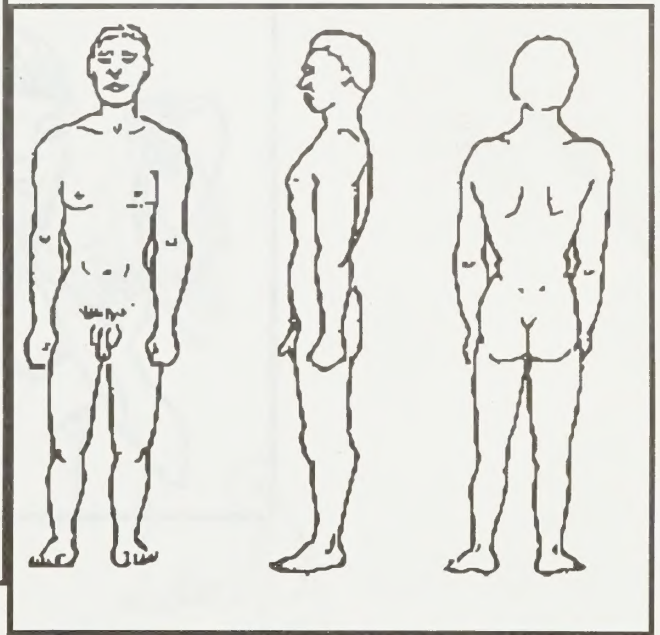
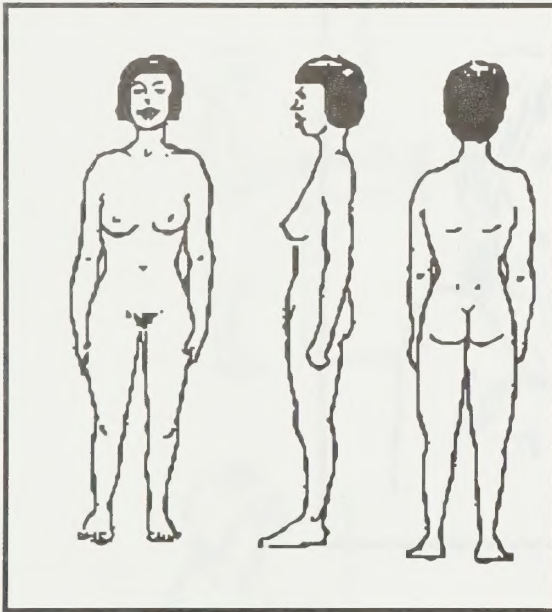


(male or female)

This is a book about being a **woman** and having a **female body**. The way a **woman's body** works is different from the way a **man's body** works. These differences are because of their **gender**, which means being **male** or **female**.



(A) woman's body is different (from a) man's body.

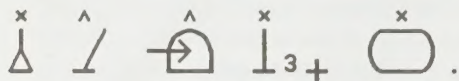


Sexuality



(feeling + sex)

It is **important** for **people** to understand how their **bodies** work. When a **woman** understands her **body**, she can **feel** comfortable with it. This is **important** because a **woman's** feeling about her **gender** is basic to understanding her **sexuality**.



Women need to understand their bodies.



Choices



(combination of eye *and*
to divide [half-sized] *and* many + plural indicator)

Men and **women** sometimes have different roles in society. These roles are part of the culture in which **people** live. Many **people** are working to make the world a place where both **men** and **women** have the **right** to make the same choices. They believe that having different **bodies** does not make one **person** better than another.

$\overset{x}{\lambda} + \overset{x}{\Delta} \overset{\wedge}{/} \overset{\wedge}{\pm} \pm > \overset{\wedge}{\Delta} \square \overset{\wedge}{\Delta} \overset{v}{=} \overset{x}{\odot} > \oplus .$

Men and women need to have (the) right to make (the) same choices in life.

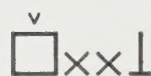


Genitals (Female)



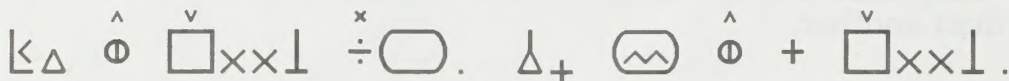
(genitals + female)

Private

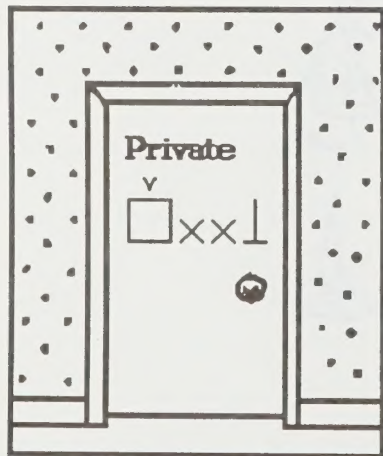


(to close + public + description indicator)

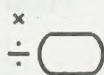
This book is about parts of the **body** that all **women** have. These parts are called **female genitals** or **private parts** because **women** keep them covered unless they are in a **private** place. A woman's **breasts** are also kept covered.



Female genitals are private body parts. (A) woman's breasts are also private.

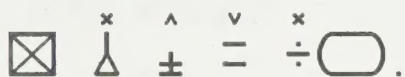


Body Parts

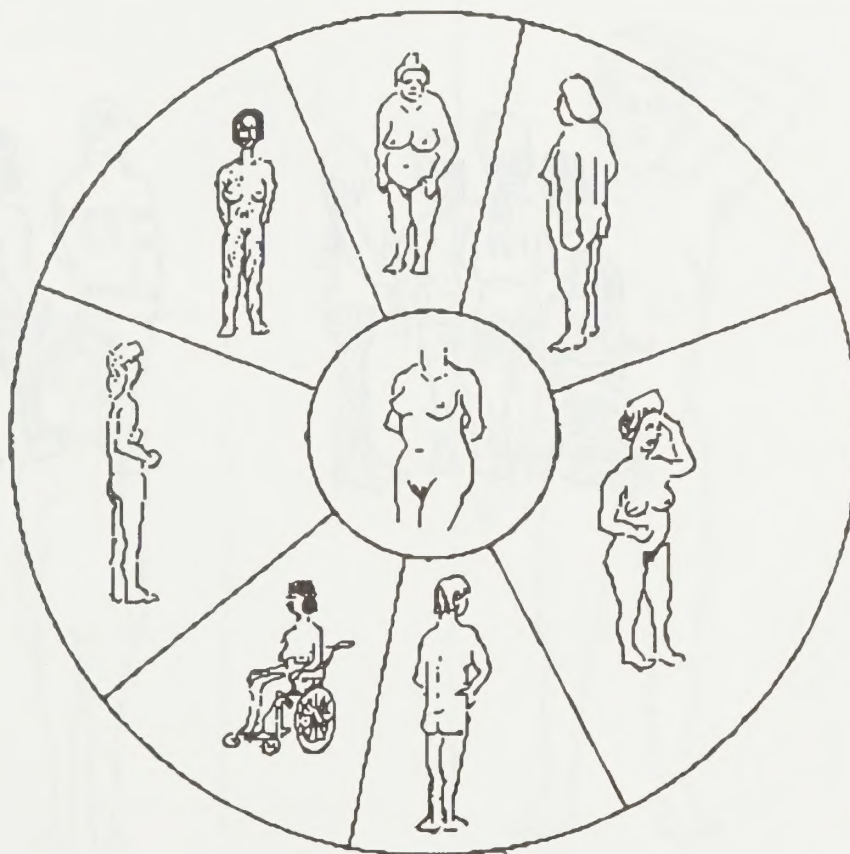


(part of + body + plural indicator)

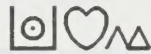
All **women** have the same **body** parts. Height, weight or the colour of skin do not matter, all **women** have the same **body parts**.



All women have (the) same body parts.

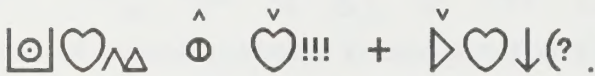


Puberty



(awake + sexuality)

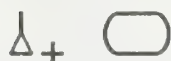
The time when the **body** changes from child to adult is called **puberty**. **Puberty** is the time when the mind and **body** are awakening **sexually**. Both **men** and **women** go through these changes. **Sexual** changes are both exciting and **scary**.



Puberty is exciting and scary.



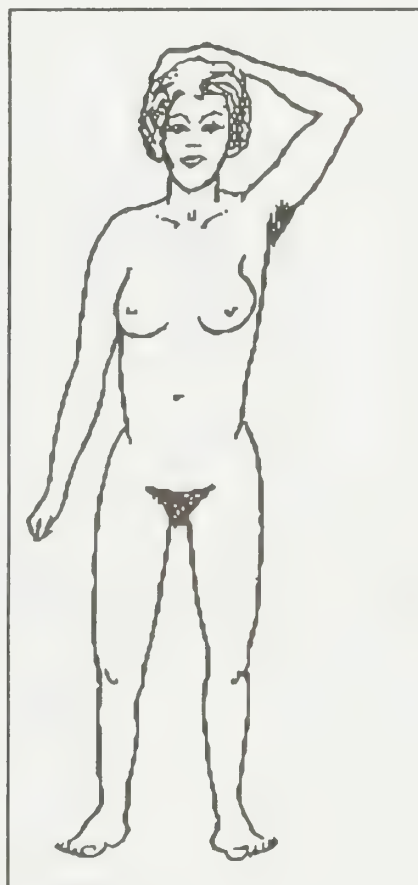
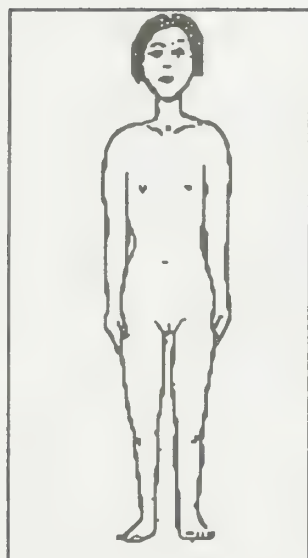
Woman's Body



This is a young **girl** and a **woman**. They are both **female** in **gender** but you can see that they are different. The **woman's private body parts** or **genitals** look different from those of the young **girl**. She has **breasts**, **pubic hair** and hair growing under her **arms**. Also, her **body** is shaped differently from that of the little **girl**.



(A) woman's body is different from (a) girl's body.



Breasts



(body + two pointers, to breasts)

These are **breasts**. A young **girl's breasts** are so small that it looks like she doesn't have any **breasts** at all. When she is a **teenager** her **breasts** will develop and grow.



During puberty (a) teenager develops breasts.



Large



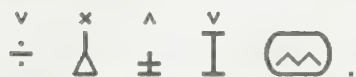
(vertical line bounded by two horizontal reference lines
[half-sized] + description indicator)

Small

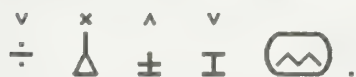


(vertical line [half-sized] bounded by two
horizontal reference lines [half-sized] +
description indicator)

Some **women** have large **breasts** and some have small **breasts**. This does not mean one **woman's breasts** are better than another **woman's breasts**.



Some women have large breasts.



Some women have small breasts.



Sexual Pleasure

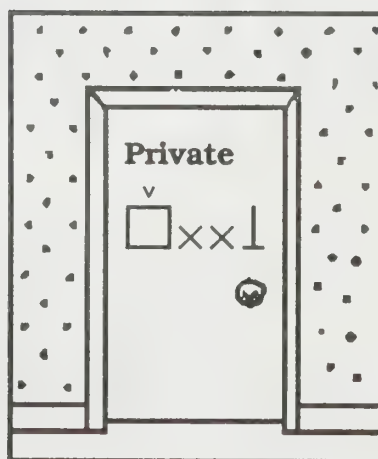


(pleasure + sexual)

A **woman** has **breasts** for several purposes. One purpose is to give her **sexual pleasure**. Some **women's breasts** are more sensitive than others.



(A) woman may feel sexual pleasure touching her breasts.



Milk



(drink + life)

Another purpose is to make milk. If a **woman** has a **baby**, her **breasts** will start to make milk to feed the **baby**.



(A) mother's breasts make milk for her baby.



Touching



(hand + action indicator)

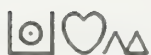
Breasts are a **private part** of a **woman's body**. No one may **touch** a **woman's breasts** unless she gives permission.

-⊥ ↺ ↻ ↵ ⊂ ⊃ ⊆ ⊇ ⊈ ⊉ ⊊ ⊋ ⊌ ⊍ ⊎ ⊏ ⊐ ⊑ ⊒ ⊓ ⊔ ⊕ ⊖ ⊗ ⊘ ⊙ ⊚ ⊛ ⊜ ⊝ ⊞ ⊟ ⊠ ⊡ ⊢ ⊣ ⊤ ⊥ ⊦ ⊧ ⊨ ⊩ ⊪ ⊫ ⊬ ⊭ ⊮ ⊯ ⊰ ⊱ ⊲ ⊳ ⊴ ⊵ ⊶ ⊷ ⊸ ⊹ ⊺ ⊻ ⊼ ⊽ ⊾ ⊿ ⊺ ⊻ ⊼ ⊽ ⊾ ⊿

No one is permitted to touch (a) woman's breasts unless she says yes.



Puberty



(awake + sexuality)

During **puberty** hair grows on the **body**. When hair appears under the **arms**, on the legs and around the **genitals**, that means that some **body** changes are happening that cannot easily be seen. One of these is that a **teenager** will now **perspire** or **sweat** in these places.



During puberty (a) teenager begins to perspire under (the) arms and around (the) genitals.



(To) Wash

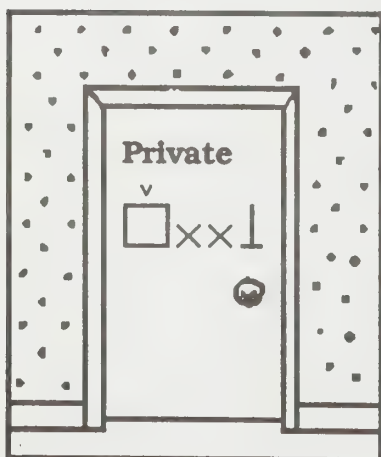
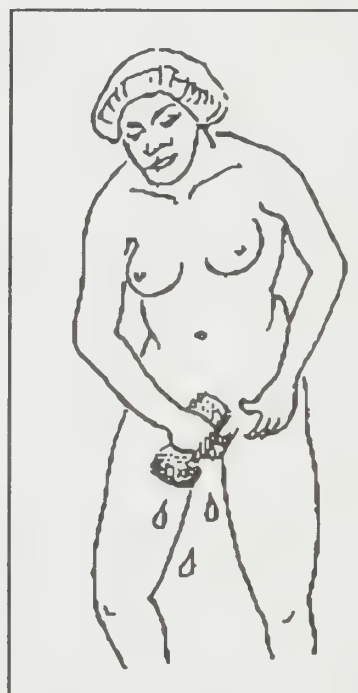


(container + water + action indicator)

She will need to **wash** with soap and water every day or she will develop a **body** odour. Other **people** will not like the way she smells.



Important - wash under (the) arms and around (the) genitals every day.



Deodorant

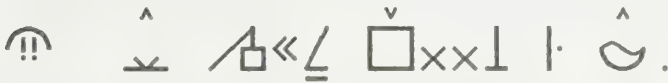


(chemical product + against + smell)

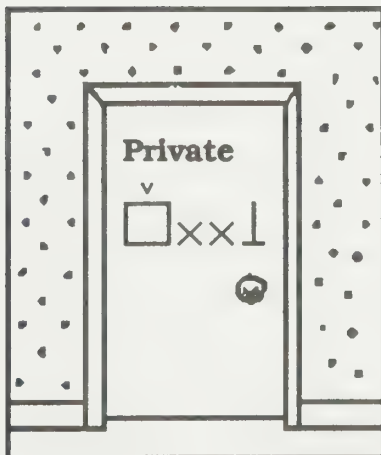
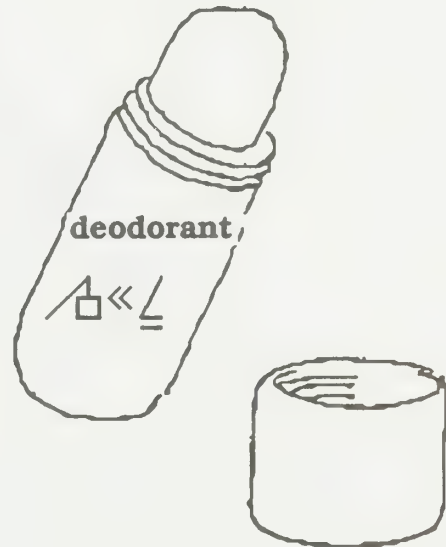
Women usually put on **deodorant** after having a bath or shower. The best place to apply **deodorant** is in the bedroom or bathroom.



Some women may want deodorant.



Important - put deodorant on privately, after washing.



(To) Shave

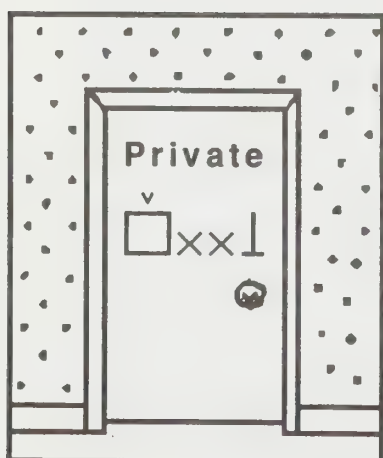


(to cut + hair + action indicator)

Some **women** choose to **shave** the hair from their underarms. They still need to **wash** this area every day.



Some women may want to shave underarm hair.



Choice



(combination of eye *and* to divide [half-sized] *and* many)

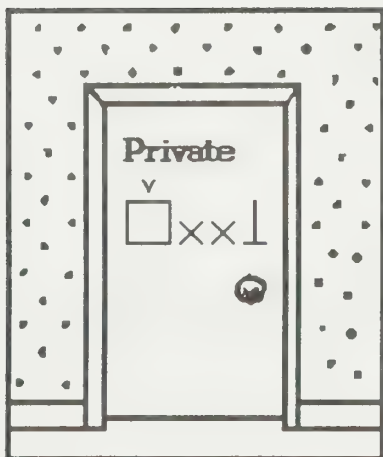
Some **women** choose to **shave** the **hair** on their legs. **Shaving body hair** is a **choice** that each **woman** needs to make for herself.



Some women may want to shave (the) hair (on their) legs.



Shaving (body) hair is (a) choice.



Pubic hair



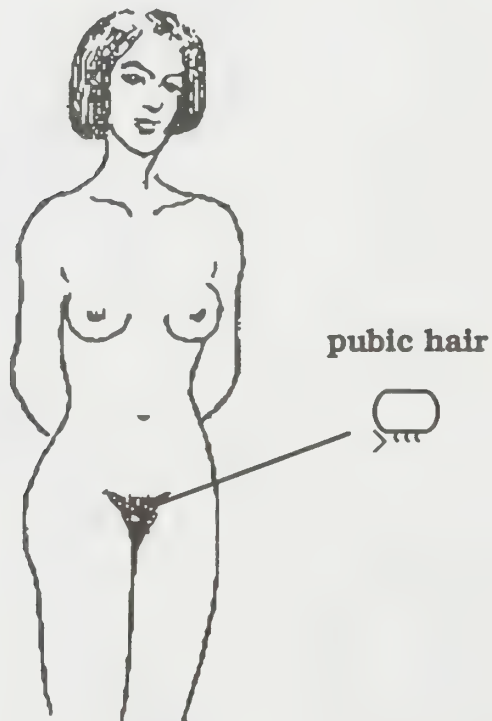
Vulva



This is **pubic hair** which covers a **woman's** outer **genitals** or **vulva**. This is a very **private** part of a **woman's body**.



Important - (the) vulva is (a) private body part.

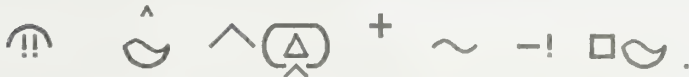


Vulva

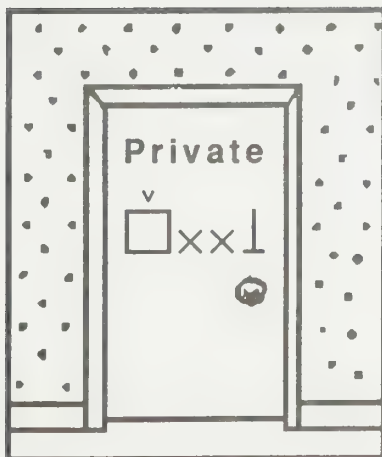


(protection + vagina)

This is what a **woman's vulva** would look like if she were to see it in a mirror. The slippery part of the **vulva** is a very sensitive **body part**. A **woman** can avoid soap irritation by **washing** it with water only.



Important - wash (the) vulva with water not soap.



Anus



(opening + buttocks)

Bowel Movement



(waste + buttocks)

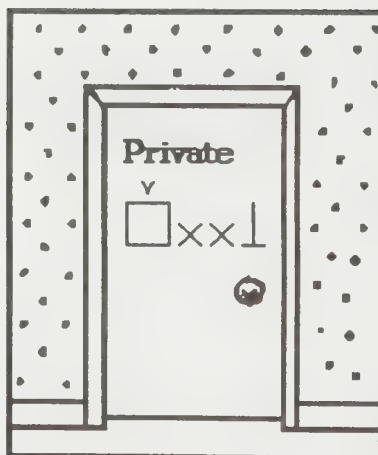
The opening at the bottom is her **anus**. The **anus** is the **opening** where her **bowel movement** comes out of her **body**. Having a **bowel movement** is the way her **body** gets rid of solid waste.



(A) bowel movement comes out of (the) anus.



bowel movement

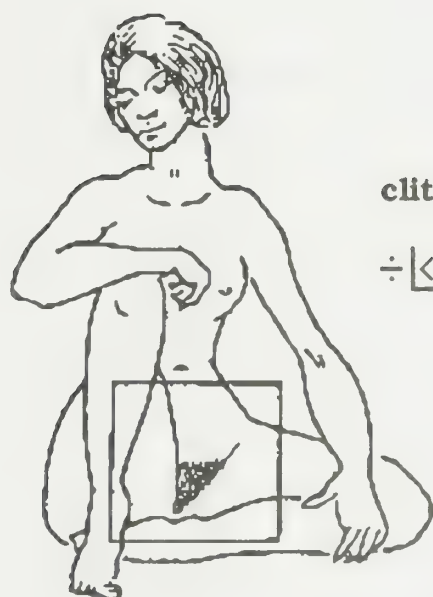


Vulva



(protection + vagina)

This picture shows the smooth slippery part of the **vulva**. At the bottom is the opening of the **vagina**. The **vagina** is a passage for **sexual intercourse** and giving **birth**. In the middle is the opening of the **urethra**, the tube through which a **woman urinates** or gets rid of the **body's** liquid waste. At the top is the **clitoris**, which gives a **woman** intense **sexual pleasure** during **sexual intercourse** or **masturbation**.



clitoris



vagina



urethra



vulva



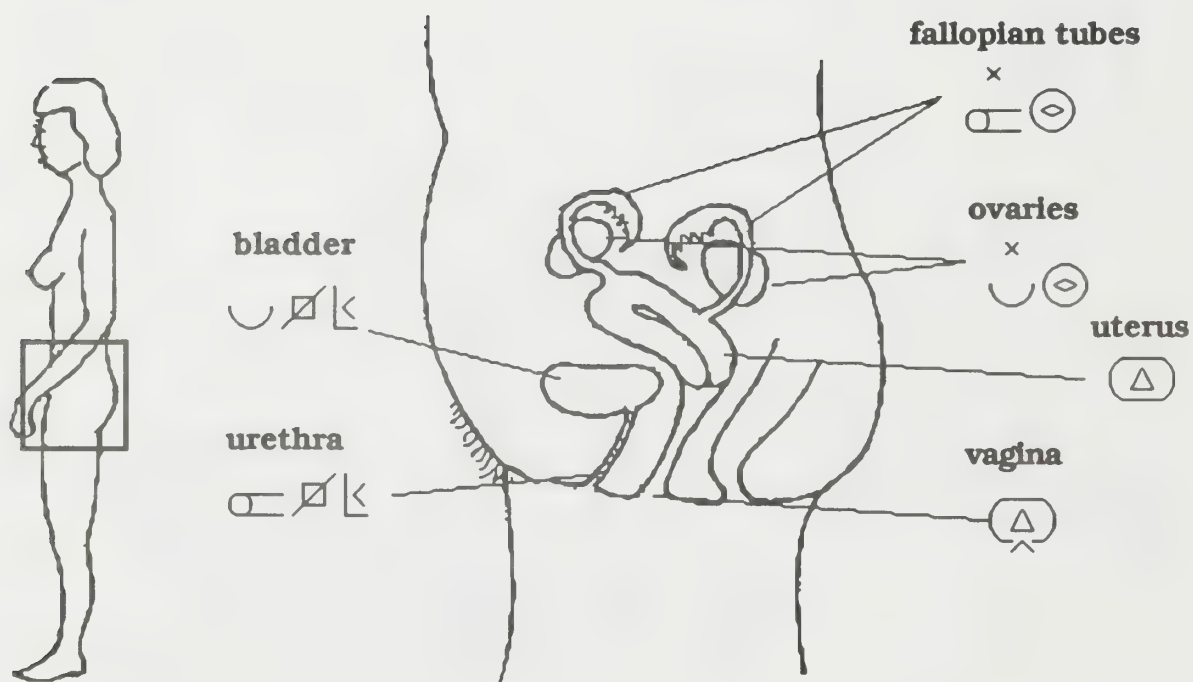
anus



Lower Body

— >○<
(below + waist)

This picture shows the **body parts** inside the lower part of a **woman's body**.



Ovary

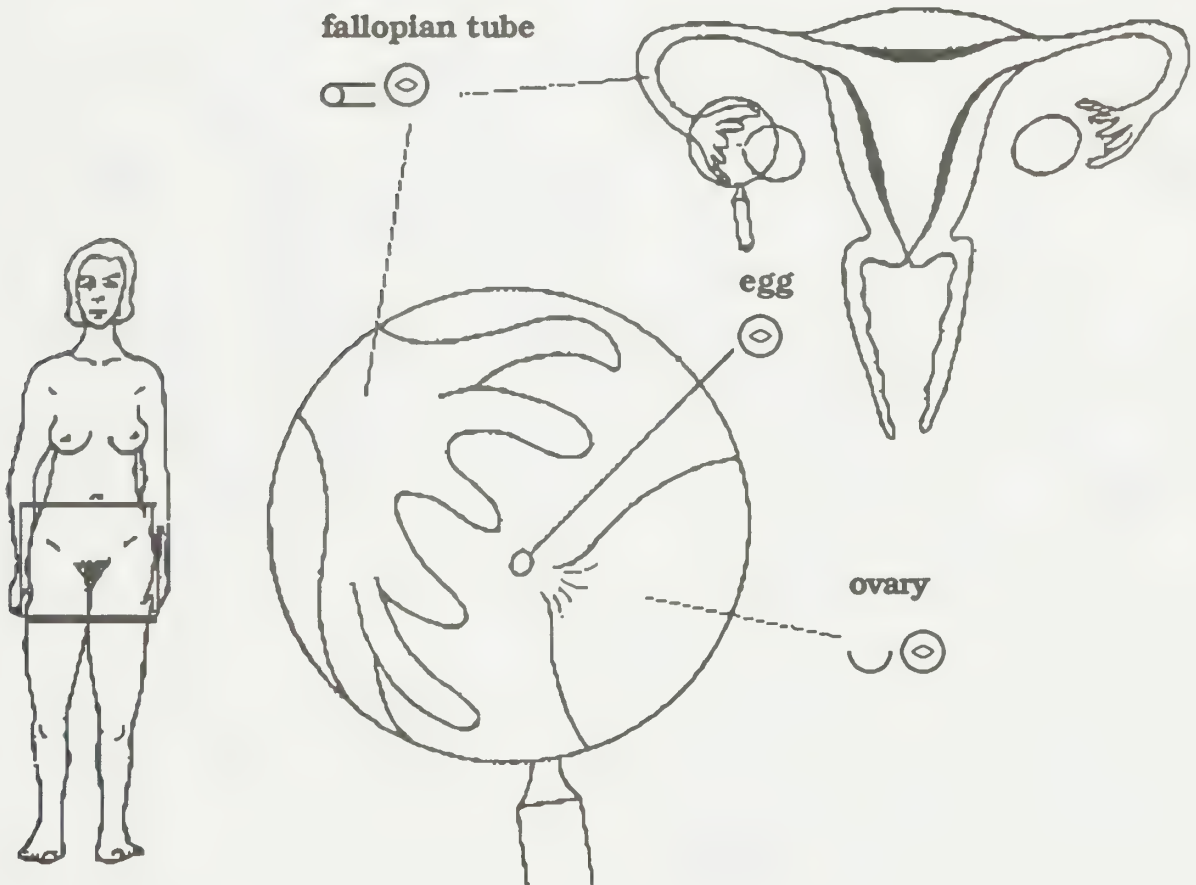


(container + egg)

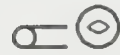
The **ovaries** contain all the **eggs** a **woman** will have during her life. Each month one **egg** moves out of an **ovary**.



Each month one egg moves out of (an) ovary.



Fallopian tube

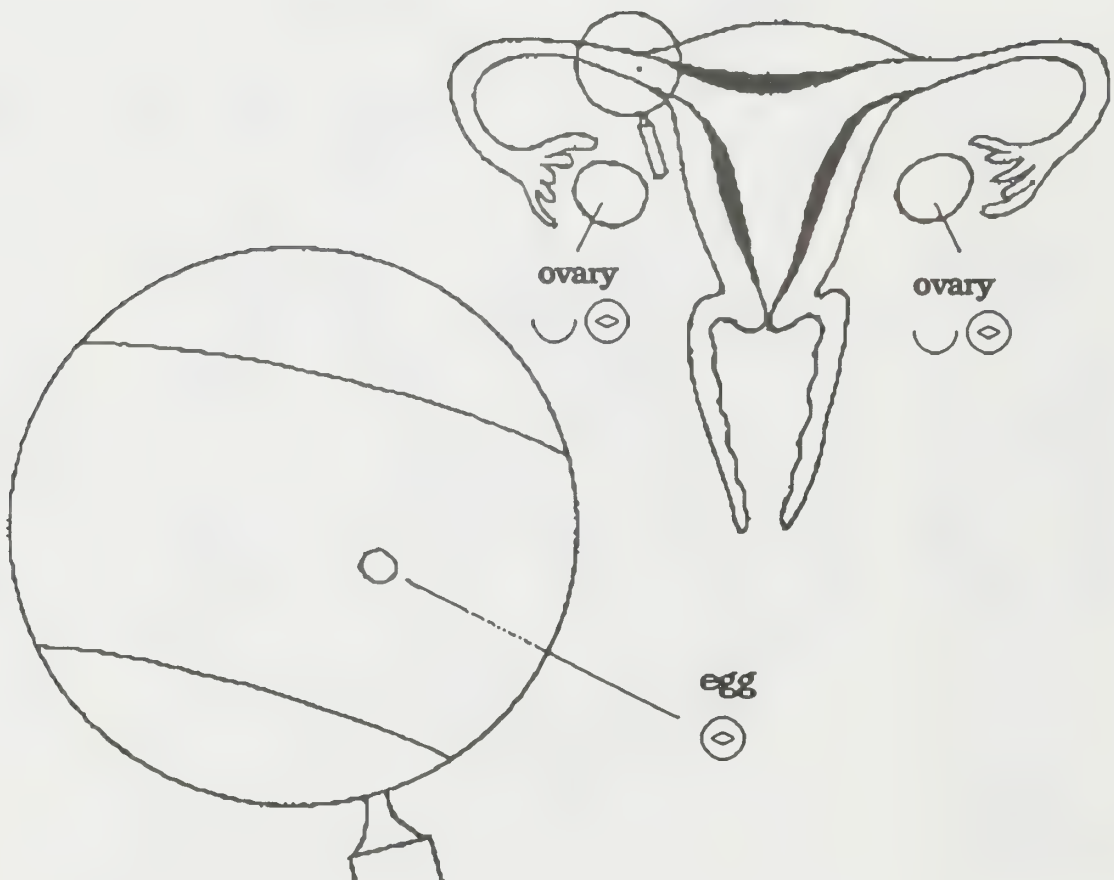


(tube + egg)

The **egg** moves away from the **ovary** and through the **fallopian tube**.



From (the) ovary (the) egg moves through (the) fallopian tube.



Conception

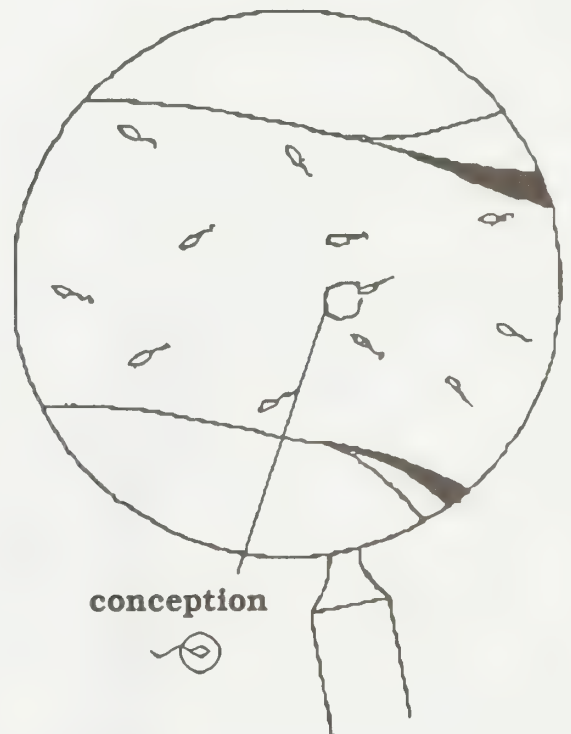
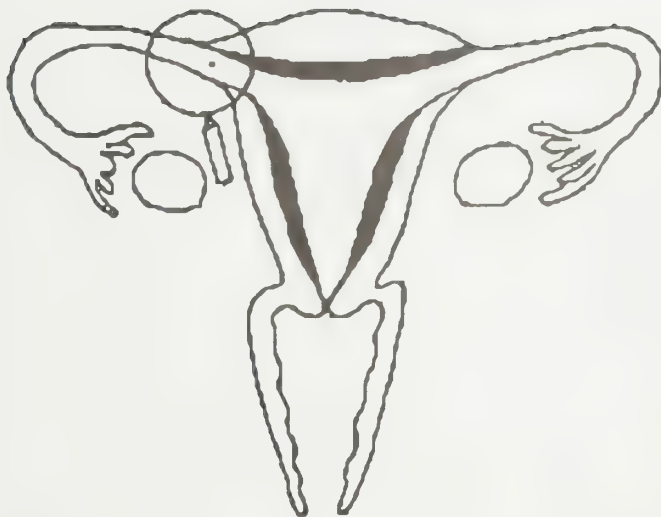


(combination of sperm and egg)

It is here that **sperm** may meet the **egg** if a **woman** has recently had **sexual intercourse**. This is called **conception** or **fertilization**.



Conception may happen when (the) egg meets (the) sperm.



Pregnant

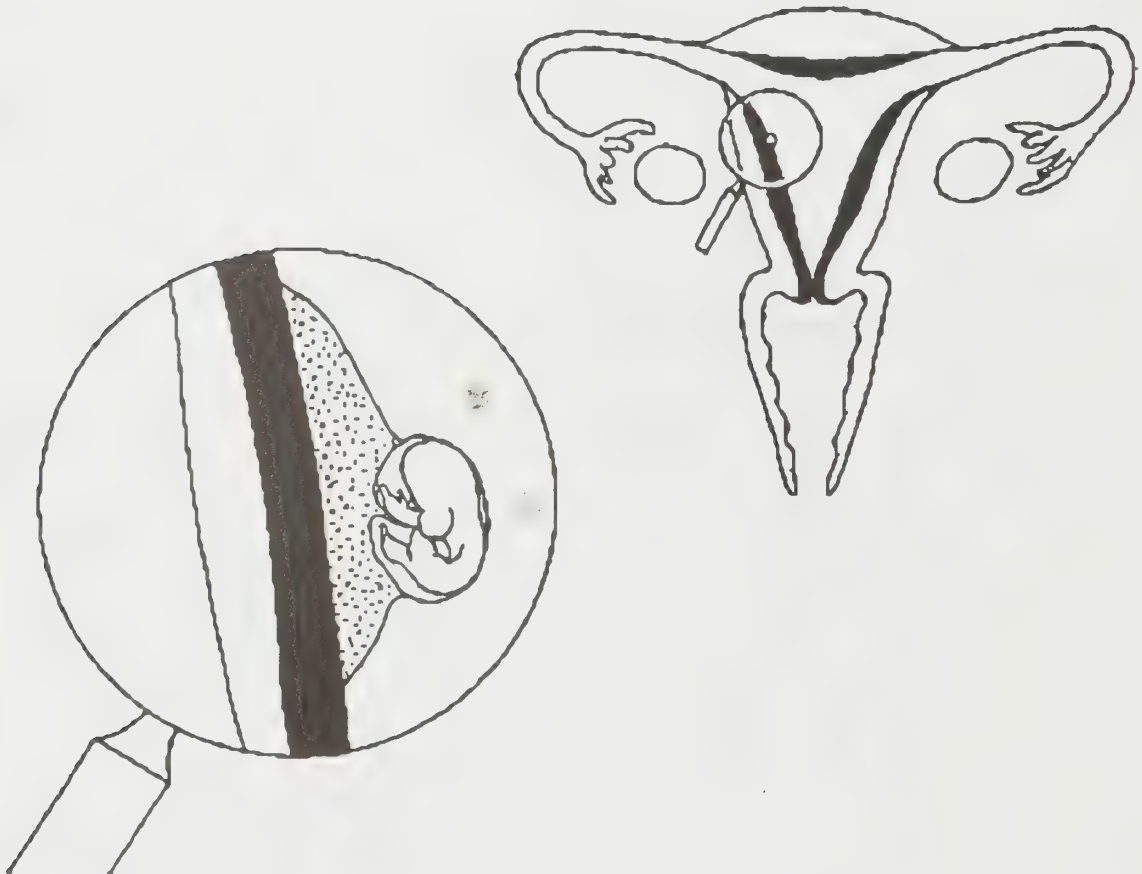


(conception + woman + description indicator)

If **conception** takes place a **woman** will become **pregnant**.

?>   \rightarrow  .

If conception takes place (the) woman will become pregnant.



(To) Pass Out of

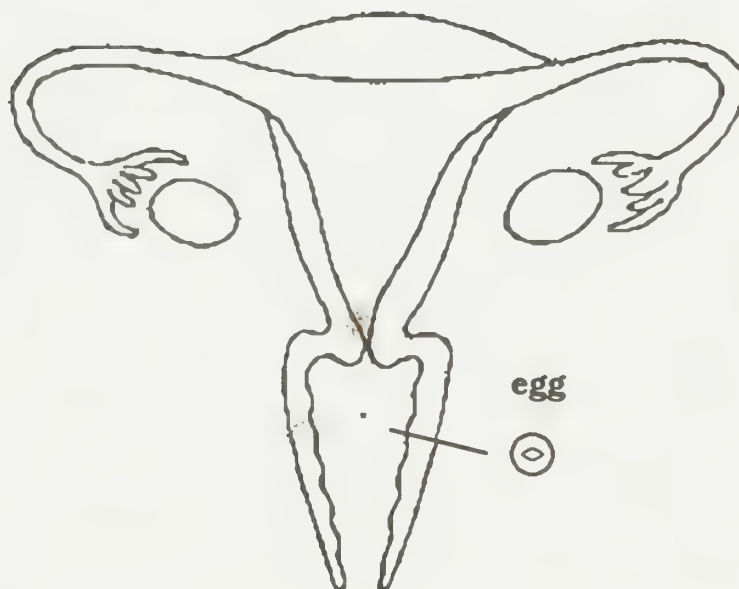


(out of + action indicator)

If the **egg** does not join with a **sperm**, it will pass out of a **woman's body** unnoticed. It is very tiny-almost the size of a pin point.

?> Δ -! ~⊙, ⊙ ⊠→ Δ₃+ ○.

If (the) woman does not conceive, (the) egg will pass out of her body.



Uterus

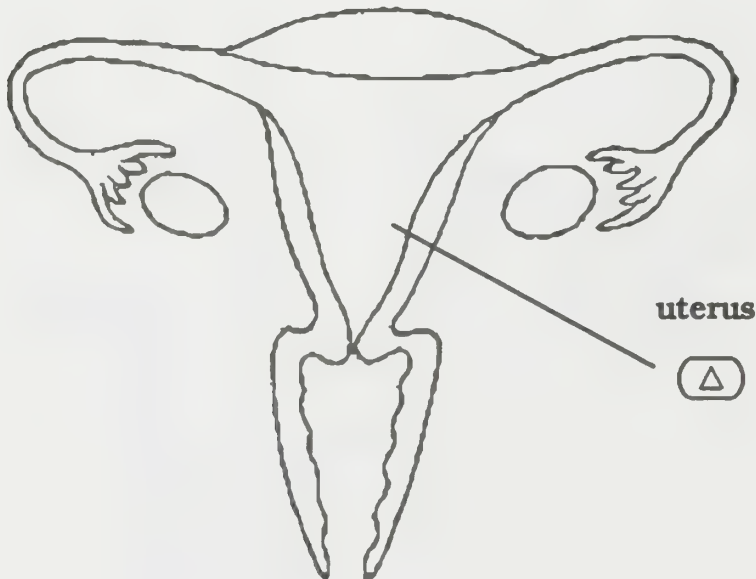


(body + creation [half-sized])

At the end of the **fallopian tubes** is a **woman's uterus**. The **uterus** is a small place which prepares itself every month to receive a **fertilized egg** which can grow into a **baby**.



Each month (the) uterus prepares for (a) fertilized egg.



Thick



(two reference lines + two pointers + description indicator)

Menstrual Blood

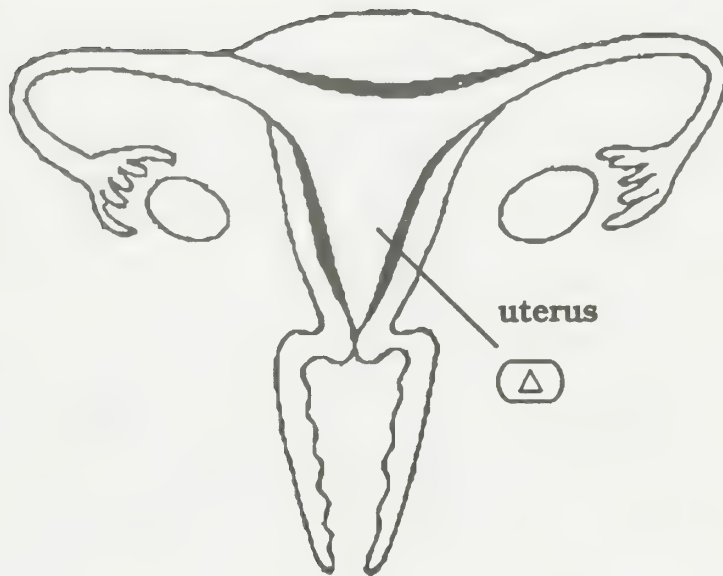


(liquid + uterus)

The lining of the **uterus** becomes thick and has extra blood in it.



Inside (the) uterus becomes thick and has more menstrual blood.



Menstruation

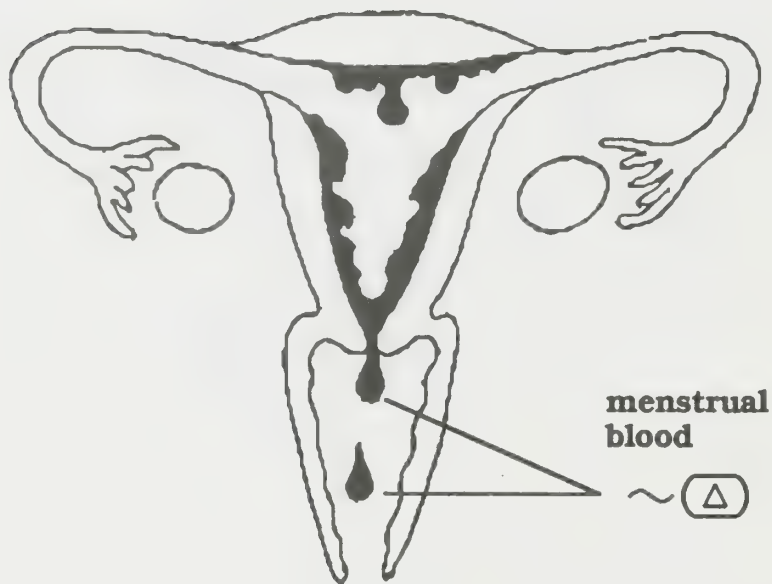


(liquid + uterus + month)

If an **egg** has not joined with a **sperm**, the **uterus** will shed this lining. This is called **menstruation** or a **menstrual period**.

- ~⊙, Δ ~⊙D.

Without conception, (a) woman will menstruate.



Cervix

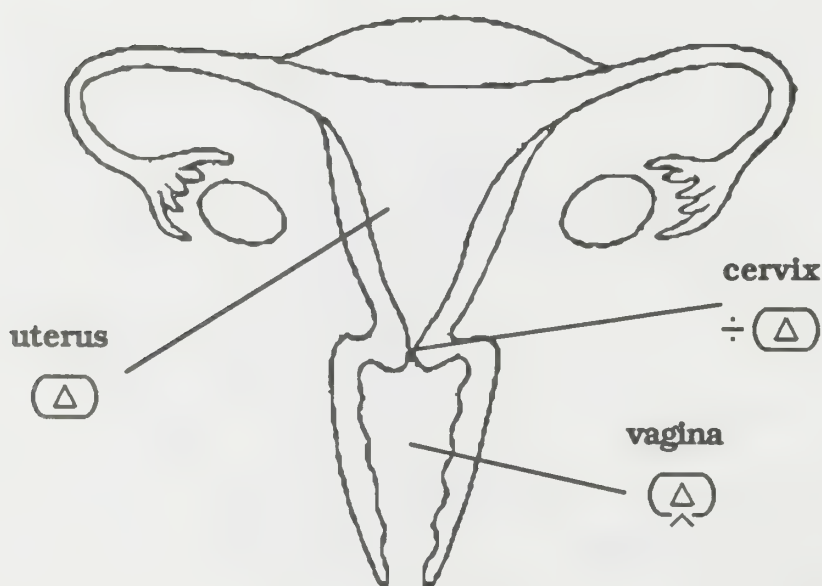


(part of + uterus)

The opening at the bottom of the **uterus**, the **cervix**, leads into the **vagina**.



(The) cervix is (the) opening into (the) vagina.



Vagina

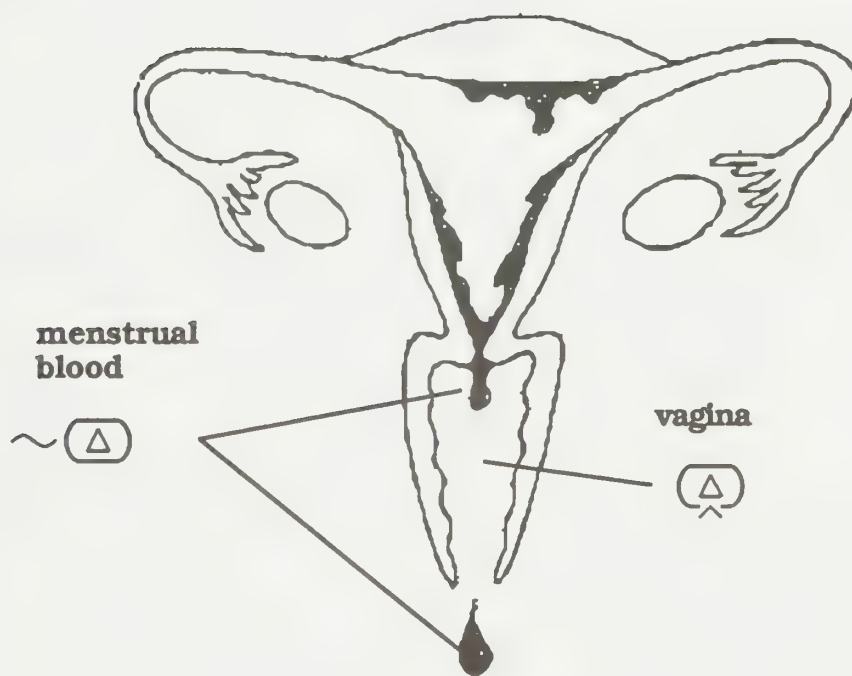


(uterus + pointer, to passage)

The **vagina** is a passage which leads to the outside of a **woman's body**. It is where a **woman's menstrual blood** comes out.



(The) menstrual blood comes out of (the) vagina.



(To) Enlarge

 \hat{I}

(big + action indicator)

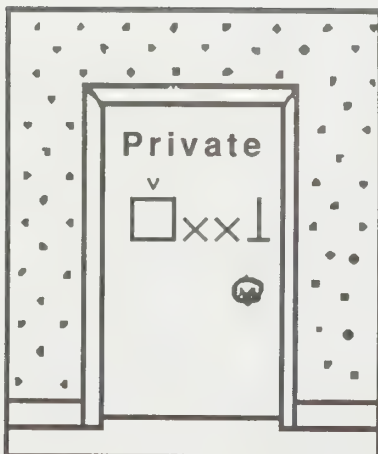
The **vagina** can stretch very wide and then return to its normal size. The **vagina** stretches to allow the **penis** to enter, and also during **birth**.

 $\textcircled{\Delta} \hat{I} \gg \textcircled{<} \rightarrow \textcircled{\Delta} + \textcircled{\text{C}} \textcircled{\text{H}} \downarrow$

(The) vagina enlarges for (the) penis to enter (and) also during birth.



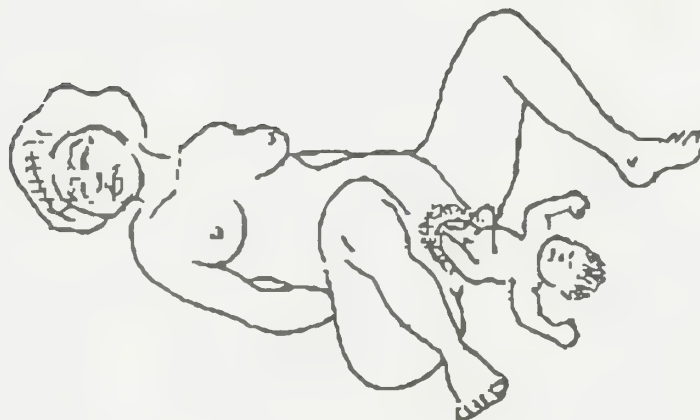
vagina



Birth



(baby + body + downward arrow [modified])

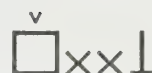


Sexual Intercourse



(to combine + genitals)

Private



(to close + public + description indicator)

Sexual intercourse is a **private** act between two **people** and needs to happen in a **private** place.



Important - sexual intercourse is private.



Both



(2 + all)

People

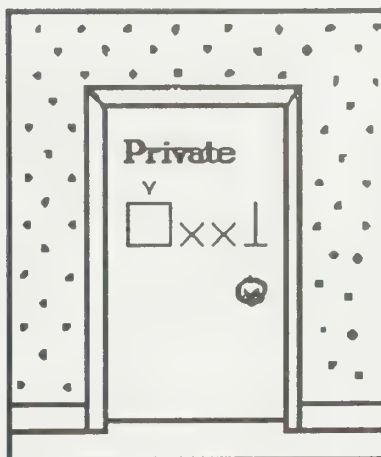
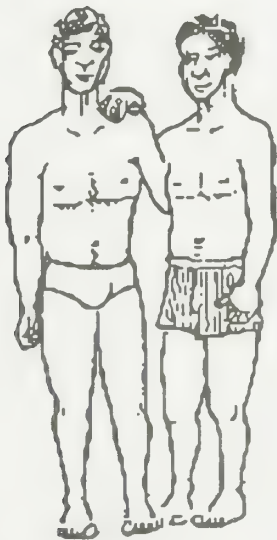


(person + plural indicator)

Sexual intercourse is meant to give **pleasure** to another **person** as well as to receive **pleasure**. This means both **people** have to agree.



Important - both people must say yes to having sexual intercourse.



Pregnancy



(conception + woman)

A **woman** can become **pregnant** by having **sexual intercourse**.



Important - sexual intercourse can cause pregnancy.



Masturbation

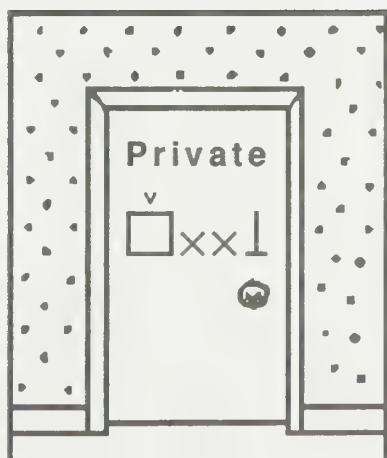
⌞√♥↑

(genitals + to touch + pleasure)

Sexual intercourse is one way a **woman** may enjoy her **sexuality or sexual feelings**. She may also choose to enjoy them by herself. She may **touch** her **private parts** in a special way. This is called **masturbation**.

△ ♂ ⌞[?]√♥↑.

(A) woman may choose to masturbate.



Orgasm

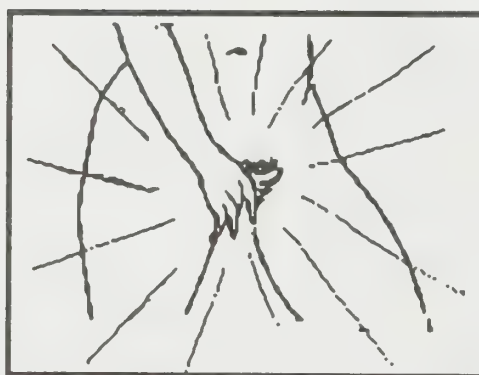
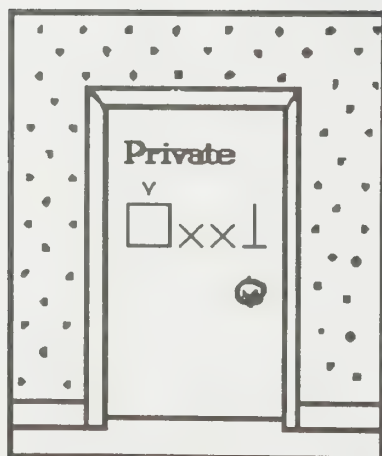
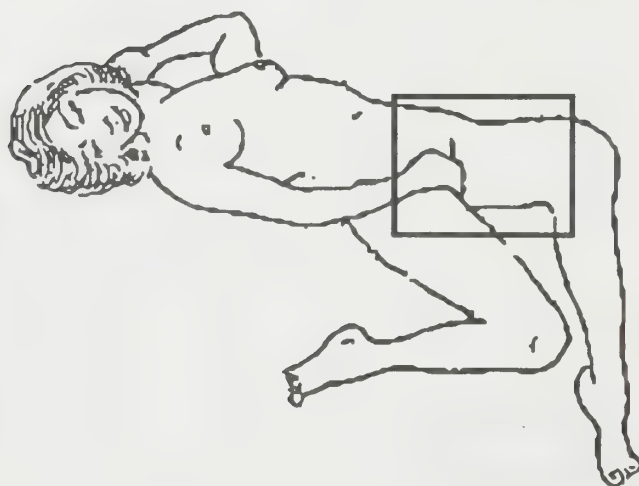


(excitement + genitals)

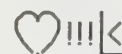
When she **masturbates** a **woman** may experience an **orgasm**, which is an intense feeling of contracting around her **vagina**.



Masturbation can cause orgasm.



orgasm



Masturbation

⌞↙♥↑

(genitals + to touch + pleasure)

Masturbation is normal, many **women masturbate**. **Masturbation** is a very **private** act and takes place in **private**.

⌞↙⌞↙⌞↙♥↑.

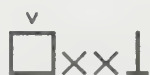
Many women masturbate.

⌞↙⌞↙♥↑ ⌞↙⌞↙⌞↙⌞↙.

Important - masturbation is private.



Private

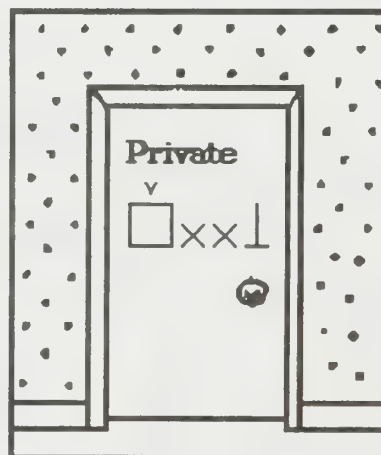


(to close + public + description indicator)

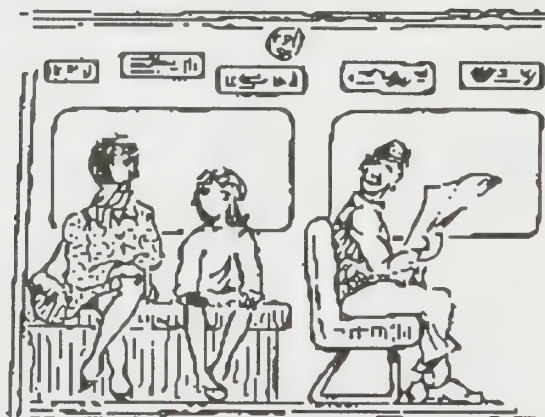
Understanding being **male** or **female** is only the beginning of understanding **sexuality**. Many things about **sexuality** are **private**. This means that it is not talked about in **public** places.



Important - talk about sexuality privately not publicly.



Public

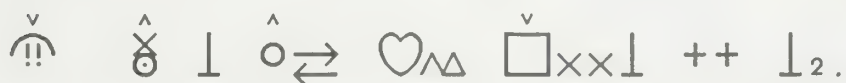


(To) Discuss

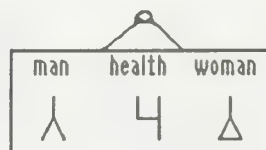


(to speak + back and forth + action indicator)

It is **important** to know one or two **people** with whom you can have a **private** discussion about **sexuality**. That **person** may be a parent, a close relative, a friend or a counsellor. It is your **right** to choose this **person**.



Important - choose (a) person to discuss sexuality privately with you.



(To) Choose



(choice + action indicator)

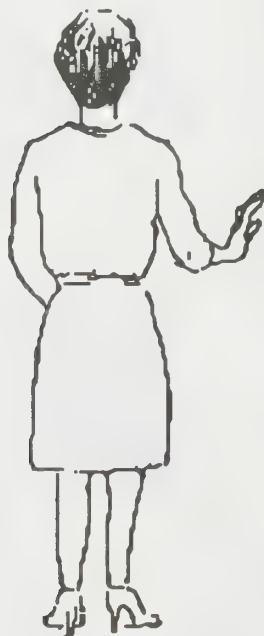
If someone gets angry, upset or embarrassed, it is not because you are bad or dirty. Not everyone can discuss **sexuality**; **choose** a **person** who can.



Important - everyone cannot discuss sexuality.



Important - choose (a) person who can.



Questions



(question mark + open: + plural indicator)

It is your right to know about your **body**. If you have **questions** find someone to answer them. You may want to ask the **person** who gave you this book.



Important - choose (a) person to answer your questions about sexuality.



You may want to ask (the) person who gave you this book.



(A) Man's Body



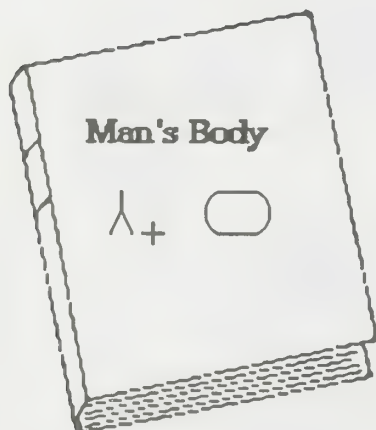
It is **important** to understand how **a man's body** works. Ask for the book on a **man's body**. Once you have read this ask for the other books on different subjects relating to **sexuality**. Enjoy reading and learning.



Important - understand (a) man's body too.

















Important - enjoy reading (the) other books about sexuality.




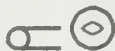











man	health	woman

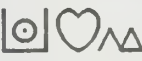







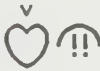






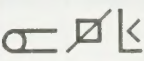



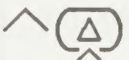


Glossary of Key Words and Blissymbols

anus		(opening + buttocks)	
arm		(pictograph: the symbol suggests an arm bent upward)	
baby		(child, turned on its side: a child too young to stand)	
birth		(baby + body + downward arrow [modified])	
bladder		(container + urine)	
body		(pictograph: the symbol suggests the trunk of the body, without head and limbs. The symbol may be used for body in a general sense.)	
both		(2 + all: two of all)	
bowel movement		(waste + buttocks)	
breasts		(body + two pointers, to breasts)	
cervix		(part of + uterus)	
choice		(combination of eye <i>and</i> to divide [half-sized] <i>and</i> many: the eye makes a choice among many things)	
clitoris		(part of + female genitals+ intensity: part of the body which produces intense sexual excitement)	
conception	fertilization	(combination of sperm <i>and</i> egg)	
deodorant		(chemical product + against + odour)	

discomfort		(comfort + to destroy)	
discuss (to)		(to speak + back and forth + action indicator)	
egg		(pictograph)	
fallopian tube		(tube + egg)	
feel (to)		(feeling + action indicator)	
feeling	sensation	(symbol is the familiar heart shape: traditionally one's feelings are supposed to come from the heart, also used to represent sensation)	
female		(woman + description indicator)	
fertilization	see conception		
gender	sex	(male + female: having either a male or female gender)	
genitals		(standing person + pointer, to genital area)	
genitals (female)	private parts	(genitals + female)	
girl		(combination of child <i>and</i> female)	
important		(mind + two intensity symbols + description indicator: of intense interest)	
intercourse	see sexual intercourse		
large		(vertical line bounded by two horizontal reference lines [half-sized] + description indicator: the vertical line extends to the biggest possible size within the symbol square)	

last (to)		(limited time + action indicator)	
male		(man + description indicator)	
man		(combination of person <i>and</i> male. The symbol can also be seen as a pictograph, a stick figure of a man wearing trousers with his legs apart.)	
masturbation		(genitals + to touch + pleasure)	
menstrual period	see menstruation		
menstruation	menstrual period	(liquid + uterus + month)	
milk		(drink + life: drink that sustains life)	
orgasm		(excitement + genital)	
ovary		(container + egg)	
pass out of (to)		(out of + action indicator)	
people		(person + plural indicator)	
person		(the symbol suggests a human being standing, with feet turned out)	
perspire (to)	sweat (to)	(liquid + skin + action indicator)	
pregnant		(conception + woman + description indicator)	
private		(to close + public + description indicator)	
private parts	see genitals (female)		

puberty		(awake + sexuality)	
pubic hair		(hair + body + pointer, to hair)	
public		(open + public + description indicator)	
question		(question mark + open: the question is open-ended)	
sensation	see feeling		
sex	see gender		
sexual intercourse	intercourse	(to combine + genitals)	
sexual pleasure		(pleasure + sexual)	
sexuality		(feeling + sex)	
small		(vertical line [half-sized] bounded by two horizontal reference lines [half-sized] + description indicator: the vertical line is relatively little)	
special		(feeling + important + description indicator)	
sperm		(pictograph)	
sweat (to)	see perspire (to)		
teenager		(combination of child <i>and</i> adult: a person between childhood and adulthood)	
thick		(two reference lines + two pointers + description indicator: the pointers point inward to the widest space bounded by the reference lines)	
touch (to)		(hand + action indicator)	

urethra		(tube + urine)	
urinate (to)		(waste + genitals + action indicator)	
uterus		(body + creation [half-sized]: part of a woman's body where new life is nurtured)	
vagina		(uterus + pointer, to passage)	
vulva		(protection + vagina)	
wash (to)		(container + water + action indicator)	
woman		(combination of person <i>and</i> female. The symbol can also be seen as a pictograph, a stick figure of a woman wearing a skirt.)	

Combined Symbol Glossary

The following symbols are normally enclosed within combine indicators ∞ to show that they are not part of the Standard Blissymbol Vocabulary. Combine indicators were omitted within Blissymbol translations or summaries for esthetic reasons and to save space.

body parts	(part of + body + plural indicator)	$\infty \times \div \text{O} \infty$
menstrual blood	(liquid + uterus)	$\infty \sim \text{O} \Delta \infty$
prepare for a fertilized egg (to)	(to do + for the purpose of + conception + action indicator)	$\infty \wedge \gg \sim \text{O} \infty$
right	(possession + in relation to + law)	$\infty \pm > \Delta \square \infty$
scary	(to cause + to fear + description indicator)	$\infty \vee \heartsuit \downarrow (?) \infty$
(to) shave	(to cut + hair + action indicator)	$\infty \wedge \diagdown \text{''' } \infty$

Being Sexual: an illustrated series on sexuality and relationships

1 Relationships. Sexuality is explored in the context of relationships and validated as an important part of one's self-esteem. Co-authored by Claudia Wood, educator and Blissymbols Systems Coordinator. (31 pages)

2 A Woman's Body. Describes anatomy, how a woman's body functions sexually, and other aspects of being a woman. Issues of privacy and personal autonomy are introduced here and reinforced throughout the series. (47 pages)

3 A Man's Body. Describes anatomy, how a man's body functions sexually, and other aspects of being a man. (49 pages)

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5 Male Masturbation. Describes masturbation and validates this as a choice for any man. Discusses fantasy as an aspect masturbation. (38 pages)

6 Female Masturbation. Describes masturbation and validates this as a sexual choice for any woman. (19 pages)

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